

THE GIRL YOU WOULD LIKE TO BE

BY KATHERINE MORTON.

HERE is no excuse in these days of advanced cosmetic art for the woman who has ill-kept hands. No matter what her station in life may be, whether she does housework or holds her hands in lovely idleness, it is necessary for her fingers to show some degree of care and attention. The houseworker will argue that dishwashing, scrubbing and dusting are not conducive to a soft skin or polished finger nails. But I know of several women who do their own work and can yet display a pair of hands which if not immaculate according to the ideal of the manœuvre, still do their owners a great deal of credit.

Before going into the care of the hands let me say something about the use of them. Have you ever watched children making mud pies? I recently saw two little girls digging in the dirt with tiny clam shells. The one child clutched her shell and dug in vigorously, getting the dirt all over her hands, not to mention her frock and face. The other little girl took her clam shell in the daintiest manner with two fingers, and her pile of dirt was as large as that of her sister, but she instinctively kept herself clean, with the exception of the two fingers. This same difference exists in the way of doing housework. There is a way of scrubbing daintily, and there is a particular way of dusting with equal daintiness, which, he said, is as much to be recommended for the bride as it is for the hands.

A woman who has her own work to do should set aside a small sum of money—a dollar and a half is all that is necessary—and invest in a pair of rubber gloves for washing dishes and a pair of rough chamol gloves for sweeping, dusting, etc. Both pairs of gloves should be at least one size larger than the number she buys for ordinary use. The rubber gloves will last a long time if they are carefully rinsed in warm water after being used and the grease from the dishwater is not allowed to accumulate on them.

It is not always possible to tell exactly what lotion or emollient will agree with every skin, but unquestionably near the kitchen sink there should be a bottle of glycerin or jar of cream, and after washing the pots and pans the following process should be gone through: Wash the hands thoroughly with warm water and a bland soap, dry them partially, then rub into the skin of the hands a little of the cream of glycerin, which ever suits the skin best; wash the hands again quickly in warm water and dry thoroughly. This will leave the skin soft and pleasant to the touch. Never wash the hands in cold water if you want to keep them beautiful. Never use on your hands a soap that contains enough free alkali to make it bitter if tasted with the tip of the tongue. There are many inexpensive soaps on the market that are perfectly pure. Many of the floating soaps are, for instance. When the hands are very red, apply the following pomade:

Lanolin, 100 grams; paraffin (liquid), 25 grams; extract of vanilla, 10 drops; oil of roses, 1 drop. Mix and apply when necessary.

The roughness will yield to this lotion: Rose water, 100 grams; glycerin, 20 grams; tannin, 50 grains; sandalwood, a few drops to the hands night and morning.

the hands still need attention, take a pair of old white kid gloves several sizes too large, cut holes in the fingers for ventilation, spread this cream over the hands and wear the gloves at night.

White petrolatum, 3½ ounces; paraffin wax, ¼ ounce; lanolin, 1 ounce; water, 1½ ounces; oil of rose, 3 drops; alcohol, ½ dram. Melt the paraffin wax, add the petrolatum and lanolin; stir constantly, heating the water in during the process; add the oil and alcohol when nearly cold. A cream of this kind will not create a growth of superfluous hair if used with discretion and washed out of the skin every morning.

Now for the care of the nails proper:



Few busy women can afford either the time or the money required to have their nails attended to by a professional manœuvre, and consequently each woman should be able to keep her own nails in perfect condition. The stumbling block in the way of the average woman who tries to be her own manœuvre is that she is more apt to postpone indefinitely this part of the toilet during the week days, and then try to make up for past deficiencies by taking an hour off on Sunday. Five minutes a day and a quarter of an hour once a week will keep one's nails in good condition. Give five minutes' care after the bath at night, when the cuticle is already softened by the hot water and the nails are perfectly clean, and the cuticle pushed back and the nails polished.

The home manœuvre's set consists of one orange wood stick, for pushing back the cuticle, one velvet file, a box of emery boards, one clipper, a box of nail powder, nail salve and a buffer or a square of chamol skin. The nail is first shaped with a clipper. The almond-shaped, not too pointed, nail is the best form. If any rough surfaces have been left round the outer edge of the nail the little emery board or file is used to make it smooth. The next step is to gently push down the outer skin around the outside of the nail. To effect this the orange wood stick sharpened down to a sharp point and covered with a tiny bit of antiseptic gauze should be used. If there are any discoloredations on or under the nail, dip this stick with a gauze wrapping into a little lemon juice, and go under the nail and around the edge of the cuticle. Where the cuticle clings too closely

to the nail dip the orange wood stick into a little powdered pumice stone and press the cuticle back again. Now dip the fingers into soapy water and dry them. Apply a very little of the nail cosmetic to each nail. Here is a good paste if you wish to make it yourself:

Spermaceti, ¼ of an ounce; white wax, ½ of an ounce; oil of almonds (sweet), 8 ounces; alkali, 2 ounces; oil of rose, 1 dram. Melt the first four ingredients, strain, heat until nearly cold, then add the oil of rose. Pour into wide-mouthed porcelain bottles or jars.

In case this recipe calls for more than you desire to make out down each ingredient relatively. Always put this on by lightly touching the finger nail at the bottom and sneaking it at the top. This prevents the cosmetic from being crowded under the sevice at the base of the nail. Now spread a very little of the nail powder on each nail and a little on the polisher. Here is a good formula for home-made nail powder:

Silicon, 8 ounces; oxide of zinc, 2 ounces; pulverized pumice, ¼ ounce; lake (00), enough to color pale rose. Mix in mortar and sift through fine sieve.

Polish with a brisk movement back and forth. After both of the hands have been manœuvred, wash them thoroughly, using a nail brush, and then give the nails one more polish with the buffer. If a highly artificial polish is desired, and, strictly speaking, this is not considered very good form—apply the liquid enamel, for which I give the formula below, using a tiny dandel hair brush and rubbing lightly over each nail.

Recipe for Liquid Enamel Finger Nails: Paraffin wax, 60 grains; chloroform, 2 ounces; oil of rose, 8 drops; carmine, enough to color a bright pink. Mix the carmine with the oil of rose, add the chloroform and paraffin wax; apply very sparingly.

Some of the points to remember when manœuvring the nails are: Don't use a sharp instrument under the nail. Don't clean the finger nails with a cuticle knife. Don't use a nail bleach unless absolutely necessary, and don't polish thin or brittle nails too severely.

Now for milady's feet: There has never

been a time when women have been so conscious of having ugly feet and have been so anxious to overcome this disagreeable condition in hygienic and natural ways. The woman who wears a shoe too small and too tight for her, who wears very high heels on the street and suffers tortures with them; has not even the satisfaction of being in fashion. She is either vulgar or very foolish, and even fashion does not excuse for her, and dear knows that the sickle dame has whims and fancies enough and excuses for most of them. The very latest of these eccentricities is the anklet or chain bracelet worn on the ankle under the stocking. Of course such an anklet only graces a perfect foot with beautiful formed arch and well-formed toes. Many people are complaining just at present of pains in the arch of the foot and in the back of the leg, and even a foot not thus caused by a badly made or worse fitting shoe, one that is slowly breaking down the arch of the foot. Flat foot is acquired by the wrong shoes, such as are not built to support a high instep. To counteract this, a support of leather, elastic and yet firm, is placed in the bottom of the shoe. This braces up the instep and at once relieves the pain.

Massage is a wonderful method for soothing the aches of feet that have been properly shod, as well as the pain that comes from overexertion—long walking or standing. Unfortunately it is impossible to massage one's own feet properly, but foot massage does not require an expert; almost any one can do it if she have sufficient strength and willing hands. The sore feet should be first bathed in a foot bath with a handful of common washing soda to a foot tubful of warm water. Soak the feet in this for twenty minutes, then dry thoroughly. Rub the feet with a soft brush. Spread a little oil over the palm of the hands and rub the foot, beginning at the toes of the left foot and rubbing upward toward the leg. Where there is the least sign of an ingrowing nail the patient should go to a skilled chiropodist. Discolored points at the ends of the toes which are too short for the foot.

One of the following powders will be found effective for excessive or odoriferous perspiration:

No. 1—Oleate of zinc, ¼ ounce; powdered starch, 1 ounce; salicylic acid, 1 scruple. No. 2—Beta, naphol, ¼ dram; distilled water, 2 ounces. Apply well to the skin.

When the feet become fatigued in summer time they will feel fresh and easier if the soles are rubbed with a cut lemon. And in cases where they show a tendency to swell apply the following powder after the bath:

Lycopodium, 8 drams; alum, 1 dram; tannin, 30 grains. Mix thoroughly and dust over the feet.

Every woman knows that she cannot hope to look cheerful or feel happy if her feet are troubling her. Many of us have been martyrs to tired and sore feet, and the martyred feet have been our anxious and irritable faces. Some of the simple remedies given above are all that is necessary to keep the feet in good and healthful condition.

The Mikado's Mother.

From Mr. Work.

The Japanese emperor is not, as often stated, the son of the empress dowager, who died in 1807. His mother, who still lives, was the concubine of the Emperor Komel. The peculiar constitution of the Japanese family gives very little prominence to the maternal rights of a woman who occupies this subordinate position. Her child, although he may be the heir of all his father's honors, does not reflect his glory upon her. All his filial love and respect must go to the wife, whom he is taught to regard as his true mother. In old times the veritable mother saw little of her child, as it was feared that the strong natural bond between them might interfere with his affection and respect for the lady who was the sole mistress of the house. She in her turn was expected to love and cherish all her husband's children with equal warmth. Japan has asked much of its women, and has not asked in vain. Her high and low, her noble and her Japanese wife is above reproach, the incarnation of faithfulness and devotion—magnificent in her loyalty to the duties of her state.

W.B. Moser & Sons.

Our New Fireproof Storage Warehouse Now Completed.

The Annual May Sale
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Starts Tomorrow.

Direct Importations of Matting.



It's easy for one to understand the preference that buyers give this stock. Consider its size and variety—consider, too, that as importers we get the choice of patterns—and as importers enjoy the lowest possible cost. We offer more, offer better and offer lower. Why shouldn't people prefer to buy here?

Fancy Chinese Matting, in fancy plaid patterns. Regularly 15c. yard, for....

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Fancy China Matting in patterns that usually command 50c., but in the regular 35c. quality, for.....

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Royal China Matting, a clean, smooth Matting that you'll never tire of. All colors and designs, including pin stripes, checks, heavy stripes, mottled and plaids; 35 patterns. Special 40c. price.....

Fancy China Matting, in fine weaves and very pretty colors; Matting suitable for parlors, halls and dining rooms. Regular 50c. grade, for....

Fancy Japanese Matting—close-woven, damask and check patterns, in red, blue and brown effects. Regularly 25c. Special 15½c.

Japanese Matting—white ground with pretty inserted figures. Regularly 27½c. yd. Special....

Japanese Matting—white ground with inserted figures. Worth 35c., for.....

Japanese Matting, in floral, checked and striped designs. Regularly 30c., for.....

Fancy Japanese Matting—damask designs, in red, blue and gold. Regularly 35c., for.....

Special Fancy Japanese Matting, in the new Togo weave—strong and durable, in red, green, blue and combination. Regularly 40c., for.....

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An Important Scientific Discovery.

LIKELY TO REVOLUTIONIZE PHARMACY.

A HAPPY COMBINATION

Of just the right proportion of each of the roots of several indigenous, or native, medicinal plants, or rather of the active, medicinal principles skillfully extracted therefrom by the use of chemically pure glycerine of just the right strength, constitutes Dr. Pierce's Favorite Prescription for the cure of weak, invalid, nervous, "run-down," over-worked women. Many years ago, Dr. Pierce discovered that chemically pure glycerine, of proper strength, is a far better solvent and preservative of the medicinal principles found in our indigenous, or native, medicinal plants, than is alcohol. Believing, as he does, that the use of alcohol, even in small portions, if long continued, works great harm to the human system, he determined not to employ this commonly used agent in making his medicines, but to use pure, triple-refined glycerine instead. Now, glycerine is not only perfectly harmless, but possesses intrinsic medicinal properties, being a most valuable demulcent, solvent, nutritive, anti-septic and anti-ferment. Since they are non-alcoholic, Dr. Pierce's Family Medicines belong all by themselves. They are neither patent nor secret medicines. Their ingredients are printed, in plain English, on each bottle-wrapper.

The exact proportion of the several ingredients used in these medicines, as well as the working formula and peculiar processes, apparatus and appliances employed in their manufacture, are withheld from publicity that Dr. Pierce's proprietary rights may not be infringed and trespassed upon by unprincipled imitators and those who may be piratically inclined.

WHAT OTHERS SAY.

With Dr. Pierce's medicines you don't have to pin your faith wholly to what the manufacturer says of their curative potency, as with other medicines. Mercenary motives, the greed for money-getting, it is feared, often lead men, and women, too, to put forth unreasonable claims for their loudly praised but many times nearly worthless compounds. Especially should the afflicted beware of the "Cheap-John," free, give away, "trial bottle" dodge. It don't pay to trifle with one's health. It should be regarded as too sacred to be experimented with.

Dr. Pierce's medicines have a record of nearly forty years of cures behind them, embracing many hundreds of thousands of bad cases restored to health and happiness.

THEY STAND ALONE

In having the professional endorsement of scores of eminent medical practitioners and writers, of all the several schools of medical practice, who praise the curative properties of the several ingredients of which they are composed, away beyond all that the makers of these medicines have ever claimed for them. These are more valuable because in every case written without the author knowing that he was praising articles entering into these popular medicines, the matter being composed for publication in various medical journals and books designed exclusively for professional reading and instruction. The afflicted can, therefore, rely upon such testimony as in every way truthful and trustworthy.

A LITTLE BOOK

has been compiled, made up of brief extracts from many standard medical works, giving, but only in part, some few of the many good things written by leading medical authorities concerning the several native, medicinal roots that enter into the composition of Dr. Pierce's medicines. Any one sending, by postal card or letter, to Dr. R. V. Pierce, Buffalo, N. Y., and requesting a copy will receive it free by return post.

OPEN TO ALL.

This little book of extracts contains, in plain English, the name of every ingredient which enters into Dr. Pierce's Golden Medical Discovery, the famous cure for weak stomach or dyspepsia, torpid liver, or "biliousness," bad blood, and all catarrhal diseases of the several mucous passages. By reading this little book, you will learn why this medicine cures such a wide range of diseases. You will find that two of the prominent ingredients of the "Golden Medical Discovery" are recommended by the medical writers of all the several schools of practice for the cure of diseases of the mucous surfaces, as catarrh of the nasal passages, of the stomach and bowels, including ulceration of the same. You will find these agents also spoken of as the best of remedies for all cases of atonic dyspepsia, that is dyspepsia dependent upon weakness of the stomach itself—muscular weakness; also, for kidney and bladder diseases.

Several of the ingredients entering into the "Golden Medical Discovery," viz: Queen's root, Black Cherrybark, Stone root and Blood root are highly recommended for chronic, or lingering coughs, and for all chronic, bronchial and laryngeal, or throat affections. In fact, some of the writers go so far as to state that the active medicinal principle contained in Queen's root alone will cure bad cases of bronchitis. Is it not reasonable, then, to expect much in the way of curative results from a compound containing not one but four ingredients, each of which has a reputation for curing bronchial and throat affections accompanied with obstinate cough? Observation, however, leads the makers of this famous medicine to recommend the "Discovery" for chronic or lingering coughs, rather than for acute colds and coughs. In the latter case it is generally not quite "loosening," or expectorant enough unless mucilage of slippery elm, flax seed or Gum Arabic be drank freely at same time it is being used, but when the cough has passed its acute stage, if still persistent, the "Discovery" will prove a sovereign remedy for its control.

Dr. Pierce never believed it necessary or advisable to use alcohol in the preparation of either his "Favorite Prescription" for weak women, or his "Golden Medical Discovery," the well-known alternative tonic, which is so largely used as a remedy for indigestion, torpid liver, bad blood and kindred ailments. Over forty years ago he discovered that chemically pure, triple-refined glycerine is a far better solvent of most of the active principles residing in our native, medicinal plants when used at a proper and sustained temperature than is alcohol; and, furthermore, he found that a glyceric extract kept much better than an alcoholic one, and that the glycerine possessed intrinsic remedial value, being demulcent, nutritive and an effective, antiseptic and anti-ferment. Although costing somewhat more, Dr. Pierce predicts that glyceric medicinal extracts will, in the not distant future, largely replace alcoholic ones so generally prescribed by physicians and put out by proprietary or "patent medicine" manufacturers, as being more efficient and entirely free from the serious objection of making inebrates when used in lingering or chronic cases, where a somewhat protracted use of medicine is necessary, no matter how good or well adapted to the case it may be in order to obtain permanent results.

Dr. Pierce's 1,000-page illustrated book, "The Common Sense Medical Adviser," is sent free in paper covers on receipt of 21 one-cent stamps to pay the cost of mailing only. For 31 stamps the cloth-bound volume will be sent. It was formerly sold for \$1.50 per copy. Address Dr. R. V. Pierce, Buffalo, N. Y.

OPEN PUBLICITY.

THE TRUEST GUARANTY OF MERIT.

OPEN TO EVERYBODY is the fullest information as to the properties and uses of the several ingredients entering into Dr. Pierce's family medicines. All observing people must have noticed a growing sentiment in this country in favor of using only put-up foods and medicines of known composition. It is but natural that one should have some interest in the composition of that which he is expected to swallow, whether it be food, drink or medicine. This sentiment has resulted in the introduction in the legislatures of many of the States, as also in the Congress of the United States, bills providing for the publication of formula or ingredients on wrappers and labels of medicines and foods put up for general consumption.

Recognizing this growing disposition on the part of the public generally, and satisfied that the fullest publicity can only add to the well-earned reputation of his proprietary medicines, Dr. R. V. Pierce, of Buffalo, N. Y., has "taken time by the forelock," as it were, and is publishing broadcast, and on each bottle-wrapper, a full and complete list of all the ingredients entering into his medicines, "Golden Medical Discovery" and "Favorite Prescription."

This striking departure of Dr. Pierce from the usual course pursued by the manufacturers of proprietary medicines, at once takes his medicines out of the class generally known as "patent" or secret medicines, neither of which term is at all applicable to them, as their formula now appears on the wrapper of every bottle leaving the great laboratory at Buffalo, N. Y. It places them in a class all by themselves. Neither of them contains any alcohol, which fact alone should cause them to be classed all by themselves and as entirely harmless, vegetable extracts, made and preserved by the use of glycerine and not with the usually employed strong alcohol, which works so much injury, especially in cases where treatment, even though of the best, must be continued for considerable periods of time, in order to make the cure permanent.

Many years ago Dr. Pierce found that chemically pure glycerine, of proper strength, was far better than alcohol both for extracting and preserving the medicinal principles residing in our indigenous, or native, medicinal plants, such as he employs exclusively in manufacturing his medicines.

Some of these medicinal roots have, since Dr. Pierce first commenced to use them, advanced so in price that they may be cultivated with great profit by our farmers. This is especially true of Golden Seal root, which enters into both the Doctor's "Golden Medical Discovery" and his "Favorite Prescription." It now brings upward of \$1.50 a pound, although formerly selling at from 15 to 20 cents a pound. Many tons of this most valuable root are annually consumed in Doctor Pierce's Laboratory.

In this way the afflicted, who may think favorably of using these non-secret medicines, are taken into Dr. Pierce's full confidence and are informed as to the properties and uses of each of the several vegetable ingredients of which they are composed.

When a woman takes "Favorite Prescription," she knows just what she is using. Dr. Pierce takes his patients into his full confidence. His medicines are not secret compounds, are not patent medicines, but the favorite prescriptions of a regular, graduated physician of large experience in actual practice.

Thus you do not have to rely upon Dr. Pierce's recommendation alone as to the marvelous curative properties possessed by his "Golden Medical Discovery" for the cure of weak stomachs, dyspepsia, torpid liver, or biliousness, impure blood and kindred ailments, nor of his "Favorite

Prescription" for the cure of weak, nervous, invalid women, for you have in addition the strongest kind of endorsement of each and every ingredient entering into the composition of these world-famed medicines by numerous leading medical writers of the several schools of practice. In fact nothing which Doctor Pierce has ever said in recommendation of these medicines is quite so strong and laudatory of their merits as what has indirectly been said of them through the numerous unqualified endorsements and recommendation of each of their several ingredients by the leading writers on Materia Medica.

Among the well-known authorities will be found Drs. Bartholow, Hare, Johnson, Wood, King, Scudder, Hale, Coe, Ellingwood and many others.

The ingredients are all indigenous, or native, medicinal roots. Dr. Pierce believes that medicine can cure disease only as it assists Nature to overcome the abnormal or diseased conditions. For thus assisting Nature in throwing off disease, Dr. Pierce believes the best and only real remedies are to be found in Nature's Laboratory. In the roots of medicinal plants found in this country, Providence has stored up most valuable, active, curative principles, which, when scientifically extracted and combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery, are most effective in curing a long list of chronic, or lingering, and most obstinate diseases.

From the same little book of extracts it will readily be seen why Dr. Pierce's Favorite Prescription works such marvelous cures in those chronic and distressing diseases peculiar to women. In all cases of pelvic catarrh with weakening drains, bearing or "dragging-down" pains or distress, and in all menstrual derangements and irregularities, the "Favorite Prescription" will be found to be made of just the right ingredients to meet and cure the trouble.

In all irregularities and painful periods to which women are subject, also in leucorrhoea, or "female weakness," displacements, as prolapsus, anteversion and retroversion of the uterus, ulceration of uterus, inflammation of ovaries, and kindred maladies, Dr. Pierce's Favorite Prescription has more real cures to its credit than any other medicine put up and sold through druggists for the cure of this class of weaknesses and diseases.

In cases of weak stomach, indigestion, dyspepsia, ulceration of stomach or bowels, torpid liver, or biliousness, the "Golden Medical Discovery" has never been excelled as a tonic and invigorator which puts the affected organs "in tune" and enables them to perform their proper functions. It purifies and enriches the blood, curing all manner of "humors," blood taints, scrofulous and skin affections.

Your druggists sell the "FAVORITE PRESCRIPTION" and also that famous alternative, blood purifier and stomach tonic, the "GOLDEN MEDICAL DISCOVERY." Write to Dr. Pierce about your case. He is an experienced physician and will treat your case as confidential and without charge for correspondence. Address him at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y., of which he is chief consulting physician.

Doctor Pierce's Pleasant Pellets cure biliousness, sick and bilious headache, dizziness, costiveness, or constipation of the bowels, loss of appetite, coated tongue, sour stomach, windy belchings, "heartburn," pain and distress after eating, and kindred derangements of the liver, stomach and bowels. Put up in glass vials, tightly corked, therefore always fresh and reliable. One little "Pellet" is a laxative, two are cathartic. They regulate, invigorate and cleanse the liver, stomach and bowels.